

# *Role of Leisure Sports in the Development of College Sports*

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**Abstract:** In order to cultivate high-quality talents with excellent comprehensive abilities, colleges and universities must pay more attention to students' physical education while attaching importance to the teaching of students' cultural knowledge. Traditional physical education methods are often overly limited to external forms, which are not conducive to improving students' initiative and enthusiasm for physical exercise. The emergence of leisure sports has played a positive role in promoting the development of college sports. This article collects students' opinions and opinions on leisure sports teaching through questionnaire surveys, and compares the differences in comprehensive sports literacy between the experimental group and the control group through group experiments. From the practical teaching data, it can be seen that the pass rate and the excellent rate of the experimental group students at the end of the physical examination are 97.98% and 71.715%, respectively, and the two data of the control group students are 87.87% and 55.515% respectively. The results of the student questionnaire showed that only 6.92% of students expressed dissatisfaction with the current leisure sports teaching, and most students still held a positive attitude towards it. It can be seen that the integration of leisure sports teaching in college sports can not only effectively improve the learning experience of students, but also has a positive impact on improving students' physical fitness and promoting the reform and development of sports.

## 1. Introduction

Looking at the development of physical education, it can be found that leisure sports has gradually become an inevitable trend in the development of physical education in major universities. The essence of leisure sports lies in the word leisure. On this basis, the so-called sense of leisure is mainly reflected in the students' personal experience, that is, let students feel relaxed and happy in the process of sports learning. When students have a sense of physical and psychological identification with physical education, they can naturally develop a good habit of physical exercise, which can play a good role in promoting the development of college sports and cultivating students' physical fitness. At this stage, more and more scholars have begun to make efforts to realize the reform of physical education through leisure sports, and realize the organic combination of education and entertainment in the physical education classroom.

Both at home and abroad, attach great importance to the cultivation of students' comprehensive

quality, and experts have gradually realized the importance of the emergence of leisure sports in promoting the reform of college sports. Landi uses a social critical perspective to conduct research on model-based physical education teaching practices. Models may be useful tools for thinking about teaching, but model-based practice cannot completely replace physical education courses. He believes that the promotion of physical education reform should start from the purpose of understanding education, and the emergence of leisure sports can effectively improve the effect of physical education from the root [1]. Kirk conducted research on the concept of encouraging young people to participate in exercise for life in physical education. By reviewing the importance of early learning experience for lifelong participation in sports activities, it can be found that the traditional college sports model is difficult to achieve this goal. In contrast, recreational sports that teach and play can better enrich the classroom and help students set the goal of lifelong exercise [2]. Xue WZ analyzed the difficulties encountered in the development of leisure sports in my country under the background of the new era. He believes that the limitation of sports funding, the lack of awareness of students' exercise and the superficial education model will all hinder the development of sports. Only through the education reform to continuously complete the leisure sports teaching system can the development of college sports teaching be promoted [3].

This article has launched an in-depth study based on the role of leisure sports in the development of college sports. The research is mainly carried out from the following aspects: First, this article introduces the research methods, including the method of literature data, experimental investigation, expert interview and mathematical statistics. Secondly, this article explains the object and specific process of the experimental investigation. Finally, this article combines the experimental data and chart information to analyze the experimental conclusions, which reflects the positive influence of leisure sports in promoting the development of college sports.

## **2. Experimental Method Based on Leisure Sports**

### **2.1 Literature Method**

According to the research theme of the thesis, it is necessary to collect a large amount of information about leisure sports education in colleges and universities through the Internet before the research officially starts, including the development history of leisure sports, leisure sports curriculum design, sports college talent training plan and syllabus, etc. [4 -5]. These materials provide a lot of policy and theoretical support for the research of this article, and help to find the best entry point for the subject research.

### **2.2 Expert Interview**

In order to further understand the practice of leisure sports in college physical education, this article conducted interviews with five professors of sports universities through telephone and internet. After understanding the problems existing in the development of leisure sports at this stage, we discussed these problems together, trying to find a feasible method that can further improve the efficiency of leisure sports teaching [6].

### **2.3 Experimental Investigation**

In order to understand the true views of both teachers and students on leisure sports teaching, this article conducted a questionnaire survey on 300 students and 5 teachers in colleges and universities. Among them, teachers and students used different questionnaires.

The survey of teachers in the class mainly focuses on three aspects: First, the overall feeling of

leisure sports teaching in my country's colleges and universities, such as the views and suggestions on the training goals of leisure sports courses [7]. The second is the specific courses that the school currently offers in leisure sports teaching, and the proportional structure of various courses. The third is the current status of the implementation of the courses set by the school, including the allocation of teachers, the situation of teaching materials, the number of hours of each course, the condition of the venue and equipment, the teaching mode, etc.[8]

The investigation of students is also carried out from three aspects: The first is to investigate the overall satisfaction of students with the school's leisure sports curriculum. The second is the degree of satisfaction of students with the teaching implementation conditions of the school's teachers, teaching environment, venues and equipment, and their opinions and suggestions. The third is what special requirements and expectations students have for the courses set by the school [9].

## 2.4 Mathematical Statistics

In order to transform the information collected in the questionnaire survey into more convincing experimental data, it is necessary to perform statistical analysis on all valid questionnaires through mathematical statistics [10]. Combining the opinions given in expert interviews can help people more accurately recognize the role of leisure sports in the development of college sports.

In the process of statistics, some common mathematical analysis formulas are involved. When sorting sample functions and statistics,  $x_1, x_2, \dots, x_n$  will usually be called a sample, and  $n$  is the sample size. Then the continuous function  $\varphi$  is:

$$\varphi = \varphi(x_1, x_2, \dots, x_n) \quad (1)$$

The mean, variance and standard deviation of the sample satisfy the formula:

$$\bar{x} = \frac{1}{n} \sum_{i=1}^n x_i \quad (2)$$

$$S^2 = \frac{1}{n-1} \sum_{i=1}^n (x_i - \bar{x})^2 \quad (3)$$

$$S = \sqrt{\frac{1}{n-1} \sum_{i=1}^n (x_i - \bar{x})^2} \quad (4)$$

In the experimental investigation, this article mainly focuses on two aspects. The first is the promotion of leisure sports to students' sports performance, and the second is the investigation of students' satisfaction with the combination of leisure sports and traditional sports teaching. Through the analysis of common statistics and their properties, the results of the experimental data can be made more direct and clear, reflecting the nature of the appearance [11-12].

## 3. Experiment of Leisure Sports in the Teaching of Physical Education in Colleges

### 3.1 Questionnaire Experiment

The experimental research in this article is mainly divided into two parts: questionnaire survey and practice simulation. In the course of the questionnaire survey, this article distributed questionnaires to 300 students and 5 physical education teachers. After the final statistics, there were 289 valid questionnaires in the student questionnaire. These include 98 first-year students (52 boys and 46 girls), 95 second-year students (45 boys and 50 girls), and 96 junior students (51 boys and 45 girls).

Before the formal survey, in order to improve the reliability and validity of the questionnaire in

this study, the reliability and validity of the two questionnaires were tested. During the expert interview process, some modifications and improvements were made to the questionnaire based on the opinions of experts, so that the results of the questionnaire can more accurately reflect the students' satisfaction and expectations for school leisure sports teaching.

### 3.2 Practical Teaching Experiment

In addition to the questionnaire survey, this article also evaluates the value of leisure sports teaching through teaching practice. The experimental subjects of practical teaching in this article are 198 students (100 students in the first year and 98 students in the second year) in four classes in the first year and second year. The experimental group includes 49 freshmen from Class A and 50 sophomores from Class C; the control group includes 51 freshmen from Class B and 48 sophomores from Class D.

This practical teaching experiment lasted for one semester. The students in the control group completed the physical education curriculum in accordance with the traditional teaching model, and the students in the experimental group studied under the guidance of the teaching philosophy of leisure sports. After the end of one semester of study, standardized sports tests will be used to determine the gaps in students' comprehensive sports literacy, so as to examine the practical value of leisure sports in college physical education.

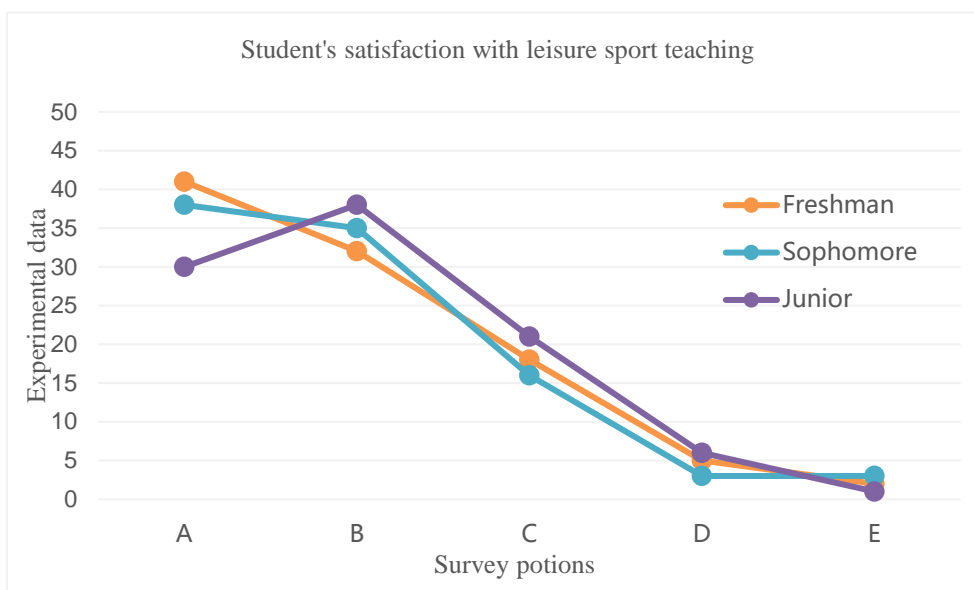
## 4. Role of Leisure Sports in the Development of College Sports

### 4.1 Students' Satisfaction with Leisure Sports Teaching

The talent training plan belongs to the meso level of the curriculum structure, and its goal is the main part of the objective elements of the leisure sports curriculum system. In other words, the goal of the training program upholds the requirements of the national overall training goal, which is the specific implementation of the overall talent training goal; each course in the next training program specifically restricts the curriculum goals and textbook construction of each course. This research takes the training plan and goals formulated in universities with leisure sports teaching as the main body of the goal elements of the curriculum system. Table 1 is the basic situation of the distribution of questionnaire survey personnel. Figure 1 shows students' satisfaction with leisure sports teaching. The statistical graph divides satisfaction into five levels: A, B, C, D, and E, which respectively symbolize very satisfied, satisfied, average, dissatisfied, and very dissatisfied.

*Table 1 Basic Situation Of the Distribution of Questionnaire Survey Personnel*

	Male	Female	Total
Freshman	52	46	98
Sophomore	45	50	95
Junior	51	45	96
Teacher	3	2	5
Total	151	143	294



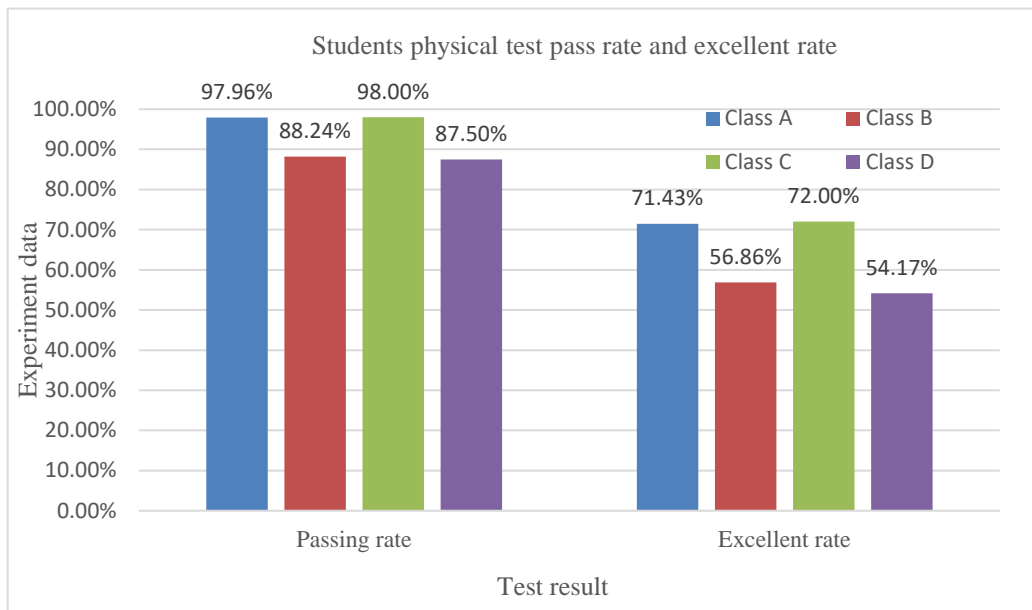
*Fig.1 Students' Satisfaction with Leisure Sports Teaching*

It can be seen from Figure 1 that in the statistical results of the questionnaire survey, the satisfaction of students in the three grades with leisure sports teaching is 74.49%, 76.84%, and 70.83%, respectively, and the dissatisfaction is 7.14%, 6.32%, and 7.29%. This means that most students hold a positive attitude towards teaching methods around the concept of leisure sports in physical education courses. Among the freshman students, 41.84% of the students expressed a very satisfied attitude towards leisure sports teaching.

In traditional physical education teaching, “enhancing physical fitness” is often regarded as the only standard for physical education. The goal of physical education is only to allow students to pass the physical examination at the end of the semester. This teaching mode makes it difficult for students to become aware of physical exercise. Therefore, schools and teachers must first update the concept of physical education and teaching, adhere to the guiding ideology of people-oriented and scientific fitness, and ensure that every student learns in physical education in a relatively pleasant and relaxing environment. On the whole, the development of leisure sports education in colleges and universities must be entertaining and innovative, and truly reflect the essence of leisure.

#### 4.2 Promotion of Leisure Sports to Physical Education

Leisure sports advocates allowing students to study in a relaxed environment to cultivate their enthusiasm and autonomy in sports learning. Nevertheless, it must not be forgotten that physical education is still a required course after all, and it is an important part of ensuring that students have a healthy body. If you blindly pursue the entertainment and ease of teaching, it will also greatly affect the effect of teaching. Only by grasping the standard of entertaining and entertaining can the role of leisure sports in promoting the development of college sports be truly brought into play. Figure 2 shows the pass rate and the excellent rate of students in the experimental group and the control group at the end of the physical examination.



*Fig.2 Student Physical Test Pass Rate and Excellent Rate*

It can be seen from Figure 2 that the pass rates of the students in Class B and Class D of the control group who are learning physical education according to the traditional teaching model are 88.24% and 87.5% respectively; the experimental group A, class C, which focuses on recreational sports For class students, the passing rates are as high as 97.96% and 98%. In terms of the excellent rate of physical examination, the gap between the experimental group and the control group was further widened. The average excellent rate of the experimental group was 71.715%, while the average excellent rate of the control group was only 55.515%.

On the whole, if leisure sports can be integrated into college physical education by appropriate means, it will not only allow students to face sports learning with a more relaxed attitude, enjoy the process of physical exercise, but also improve students' physical quality and cultivate students' good exercise habits. The same can have a good effect.

## 5. Conclusions

To sum up, leisure sports can play a very positive role in promoting the reform and development of college sports. In order to cultivate talents with excellent comprehensive quality, colleges and universities should fully realize the advantages of leisure sports and actively promote the development of leisure in the school. For teachers, the combination of leisure sports and physical education can effectively improve the richness of the classroom and teach students in accordance with their aptitude; for students, learning physical education in a relaxed and pleasant environment can better enhance the enthusiasm of exercise and keep healthy.

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